

dakshiNaamoorti upanishat

yan mauna vyaakhyayaa maunipaTalam kshaNa maatrataha |
mahaa mauna padam yaati sa hi me paramaa gatihi ||

om saha naavavatu | saha nau bhunaktu | saha veeryam karavaavahai |
tejasvinaavadheetamastu maa vidvishaavahai ||
om shaantih shaantih shaantihi ||

om brahmaavarte mahaa bhaanDeera vaTa moole mahaa satraaya sametaa
maharshayaha shaunakaadayaste ha samitpaaNayaha tattva jigyaasavo
maarkanDeyam chira jeevinam upasametya paprachChuhu kena tvam chiram jeevasi
kena vaanandam anubhavaseeti | parama rahasya shiva tattva gyaaneneti sa hovaacha
| kim tat parama rahasya shiva tattva gyaanam tatra ko devaha | ke mantraaha | ko
japaha | kaa mudraa | kaa nishThaa | kim tat gyaana saadhanam | kah parikaraha | ko
balihi | kah kaalaha | kim tatsthaanamiti | sa hovaacha | yena dakshiNaamukhaha shivo
aparoksheekruto bhavati tat parama rahasya shiva tattva gyaanam | yah sarvoparame
kaale sarvaan aatmanah upasamhrutya svaatmaananda sukhe modate prakaashate
vaa sa devaha | atraite mantra rahasya shlokaa bhavanti |

medhaa dakshiNaamoorti mantrasya | brahmaa rushihi | gaayatree Chandaha |
devataa dakshiNaasyaha | mantreNa anganyaasaha ||

om aadau nama uchchaarya tato bhagavate padam |
dakshiNeti padam pashchaan moortaye padamuddharet || 1 ||

asmat shabdham chaturthyantam medhaam pragyaam padam vadet |
samuchchaarya tato vaayubeejam chCham cha tatah paThet |
agnijaayaam tatastvesha chatur vimshaaksharo manuhu || 2 ||

dhyaanam ||

sphaTika rajata varNam mauktikeem akshamaalaam
amruta kalasha vidyaam gyaana mudraam karaagre |
dadhata muragakakshyam chandra chooDam trinetrām
vidhruta vividha bhoosham dakshiNaamoorti meeDe || 3 ||

mantreNa nyaasaha ||

aadau vedaadim uchchaarya svaraadyam savisargakam |
panchaarNam tata uddhrutya antaram savisargakam |
ante samuddharettaaram manuresha navaaksharaha || 4 ||

mudraam bhadraarthadaatreem sa parashuhariNam baahubhih baahum ekam

jaanvaasaktam dadhaano bhujaga bila samaabaddha kakshyo vaTaadhaha |
aaseenah chandrakhanDa pratighaTita jaTaaksheera gaurah trinetra
dadyaadaadyah shukaadyaih munibhih abhivruto bhaava shuddhim bhavo naha || 5 ||

mantreNa nyaasaha (brahmarshi nyaasaha) –

taaram brooMnama uchchaarya maayaam vaagbhavameva cha |
dakshiNaapadam uchchaarya tatah syaan moortaye padam || 6 ||

gyaanam dehi padam pashchaad vahnijaayaam tato nyaset |
manurashTaad ashaarNo ayam sarva mantreshu gopitaha || 7 ||

bhasmavyaa paanDurangah shashishakaladharo gyaanam rudraakshamaalaa
veeNaa pustaih viraaajat kara kamala dharo yoga paTTaabhiraamaha |
vyaakhyaa peeThe nishaNNo munivaranikaraih sevyamaanah prasannaha
savyaalah krutti vaasaah satatamavatu no dakshiNaamoortireeshaha || 8 ||

mantreNa nyaasaha (brahmarshi nyaasaha) -

taaram param ramaa beejam vadet saamba shivaaya cha |
tubhyam chaanalajaayaam manuh dvaadasha varNakaha || 9 ||

veeNaam karaih pustakam akshamaalaam bibhraaNam abhraabhagalam varaaDhyam |
phaNeendra kakshyam munibhih shukaadyaih sevyam vaTaadhah kruta neeDameeDe
|| 10 ||

vishNoo rushihi anushTup Chandaha | devataa dakshiNaasyaha
mantreNa nyaasaha |

taaram namo bhagaate tubhyam vaTapadam tataha |
mooleti padam ucchaarya vaasine padam uddharet || 11 ||

pragyaa medhaa padam pashchaad aadi siddhim tato vadet |
daayine padam ucchaarya maayine nama uddharet || 12 ||

vaageeshaaya tatah pashchaan mahaa gyaana padam tataha |
vahnijaayaam tatah tvesha dvaatrim shadvarNako manunu |
aanushTubho mantraraajaha sarva mantrottama uttamaa || 13 ||

dhyaanam ||

mudraa pustaka vahni naagavila sadbaahum prasannaanam
muktaahaara vibhooshaNam shashikalaa bhaasvat kireeTojjvalam |
agyaana apaham aadim aadigiraam artham bhavaaneepatim nyagrodhaanta
nivaasinam paragurum dhyayaam abheeshTaaptaye || 14 ||

mounamudraa ||

so aham iti yaavad aasthithi sanishThaa bhavati |
tadabhedena mantraamreDanam gyaana saadhanam |
chitte tadekataanataa parikaraha | anga cheshTaarpaNam balihi |
treeNi dhaamaani kaalaha | dvaadashaanta padam sthaanamiti |
te ha punah shraddadhaanaastam pratyoochuhu |
katham vaa asyodayaha | kim svaroopam | ko vaa asyopaasaka iti |
sa hovaacha |

vairaagya taila samoorNe bhaktivarti samanvite |
prabodha poorNeti gyaptideepam vilokayet || 15 ||

mohaandhakaare nihsaare udeti svayameva hi |
vairaagyamaraNim krutvaa gyaanam krutvottaraaraNim || 16 ||

gaaDhataamisra samshaatyai gooDam artham nivedayet |
moha bhaanuja samkraantam vivekaakhyam mrukaNDujam || 17 ||

tattvaa vichaara paashena baddham dvaita bhayaaturam |
ujjeevayan nijaanande svasvaroopeNa samsthitaha || 18 ||

shemushee dakshiNa proktaa saa yasya abheekshaNe mukham |
dakshiNaabhimukhah proktah shivo asou brahmavaadibhihi || 19 ||

sarvaadikaale bhagavaan virinchi roopaasyaina sarga saamarthyam aapya |
tutosha chitte vaanChitaarthaashcha labdhvaa dhanyah sopaasya upaasako bhavati
dhaataa |
ya imaam parama rahasya shivatattva vidyaamadheete sa sarvapaapebhyo mukto
bhavati || 20 ||

ya evam veda sa kaivalyam anubhavati itih upanishat ||

om saha naavavatu | saha nou bhunaktu | saha veeryam karavaavahai |
tejasvinaavadheetamastu maa vidvishaavahai ||
om shaantih shaantih shaantihi ||

|| iti dakshiNaamoorti upanishat sampoorNam ||